



Le planning du Lodge Coaching Club

- Coaching sportif de groupe
- Coaching sportif individuel

	LUNDI LINDA	MARDI LINDA	MERCREDI LORRIS	JEUDI LINDA	VENDREDI LORRIS
7:00	Coaching 60min	Coaching 60min	Coaching 60min	Coaching 60min	Coaching 60min
8:00	Coaching 60min	Coaching 60min	Renforcement 45min	Coaching 60min	Coaching 60min
9:00		TRX 45min	Coaching 60min	Pilates 45min	Réathlétisation 45min
10:00	Pilates 45min		Coaching 60min	Mobilité 45min	Renforcement 45min
11:00	Mobilité 45min	Coaching 60min		Coaching 60min	Coaching 60min
12:00	Coaching 60min	Coaching 60min	Réathlétisation 45min		Coaching 60min
13:00	Coaching 60min	Pilates 45min	TRX 45min	Coaching 60min	
14:00					
15:00				Coaching 60min	Mobilité 45min
16:00	TRX 45min	Renforcement 45min	Coaching 60min		Coaching 60min
17:00	Renforcement 45min	Coaching 60min	Mobilité 45min	Coaching 60min	Coaching 60min
18:00	Coaching 60min	Coaching 60min	Renforcement 45min	Pilates 45min	TRX 45min
19:00	Pilates 45min		Coaching 60min	Coaching 60min	Coaching 60min
20:00					